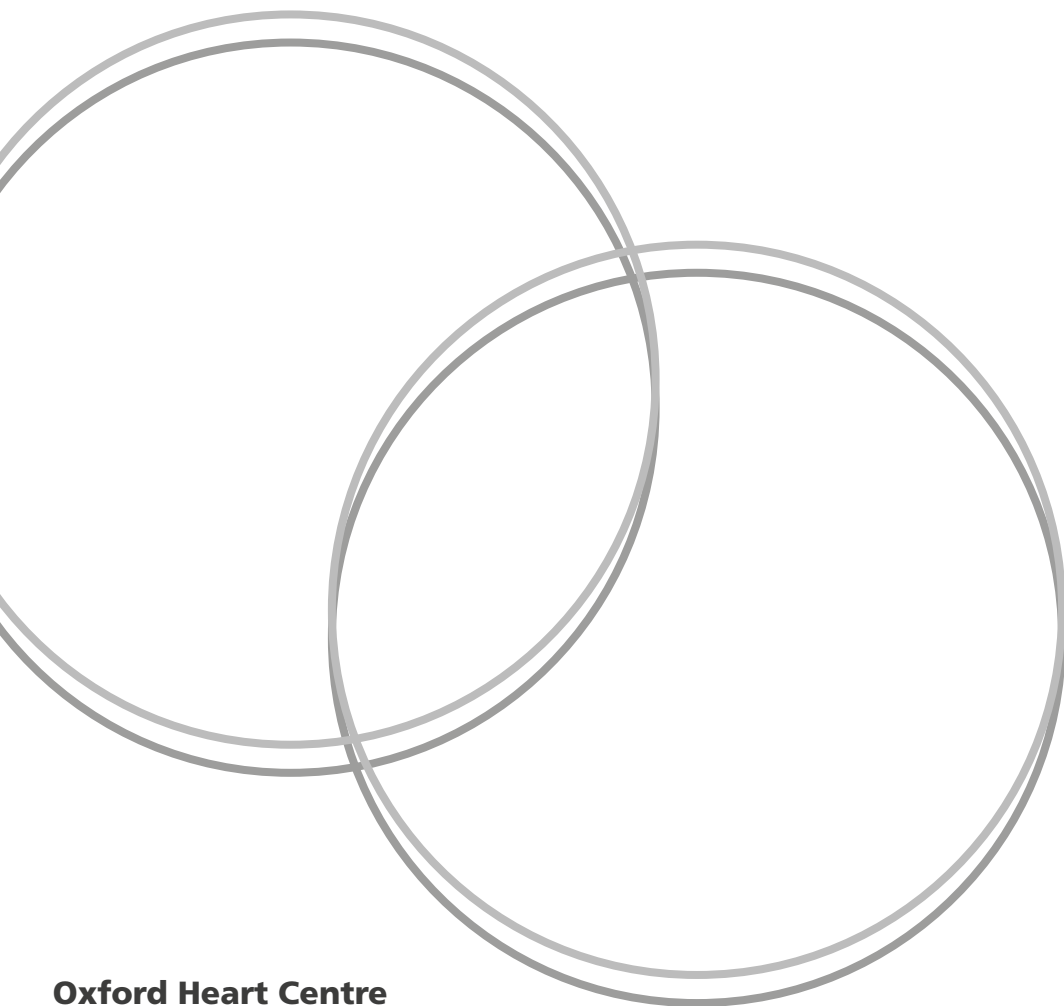


Discharge advice after the closure of your Patent Foramen Ovale (PFO)

Information for patients



This booklet contains important information. Please read it carefully. It contains advice about discharge after your patent foramen ovale (PFO) closure. It also contains information about what to do when you get home.

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1. Discharge summary

The procedure you had was:

.....

The results of your procedure were:

.....

Your consultant at the John Radcliffe Hospital is:

.....

Your consultant at your local hospital is:

.....

Approximately two weeks after your discharge we will send a summary of your hospital stay to your GP or to the Consultant who referred you, explaining your outcome and planned treatment.

Follow-up

PFO procedure patients will be sent an outpatient appointment for the structural heart clinic.

Transport to your outpatient appointments

If you have difficulty in getting to your outpatient appointments your GP surgery may have the phone numbers of voluntary transport schemes which operate at subsidised rates.

2. What to do when you get home

After your procedure you should have a quiet evening resting the limb that was used for access. You may eat and drink as normal, but do not drink any alcohol. You may sleep in your usual position at night time. The next morning you can shower or have a bath as normal.

Wound care

Femoral vein (groin)

- The plaster or bandage can be removed the day after your procedure and does not need to be replaced.
- Avoid any lifting or strenuous activity for 72 hours as this increases the pressure in the groin area, making it more likely that the wound will bleed (see below).
- It is rare for serious complications to occur after these procedures. The most common problem is for a bruise to form at the insertion site, which may be uncomfortable for a few days. If this becomes swollen or very red and more painful, please contact your GP immediately as the wound may need further attention.

Bleeding

It is rare to have severe bleeding from the insertion site once you are at home. If bleeding does occur you must:

- Lie flat.
- Apply pressure to the insertion site for 10 minutes.
- If bleeding doesn't stop, ask someone to call 999.

Though bleeding is rare, if you are a day patient someone needs to stay with you overnight on the day of your procedure.

Driving

Although there are no specific DVLA driving restrictions after these procedures, we strongly recommend that you do not drive for 3 days after closure of a PFO. This is to allow time for the wound in your groin to heal properly.

Return to work

Patients usually take 2 to 3 days off work after a PFO closure procedure. We will discuss this with you before you leave the hospital.

3. Recommendations

Medication

Dual antiplatelet therapy (aspirin 75 mg once daily and clopidogrel 75 mg once daily) for 3 months after the procedure. Then single antiplatelet therapy up to one year closure. This single agent is usually aspirin 75 mg once daily, though if the patient prefers to take clopidogrel 75 mg once daily, then this is entirely reasonable.

Antibiotic prophylaxis

Antibiotic prophylaxis is recommended for the first six months after the procedure for dental work, respiratory tract procedures, skin and soft tissue procedures and any further cardiac procedure. Genitourinary and gastrointestinal procedures do not generally require prophylaxis. ESC guidelines recommend antibiotics are given 30-60 minutes before the procedure. For patients without penicillin allergy, amoxicillin 2g orally is recommended. For patients with penicillin allergy, clindamycin 600mg orally is recommended.

If you have difficulties with your dentist or GP prescribing antibiotics, please contact your Cardiologist the John Radcliffe Hospital on 01865 741 166 bleep 1128.

Palpitations

It is quite common to have palpitations in the first few months after the procedure. Where this occurs, patients usually have a sensation of an extra heart beat or short runs of rapid heart beat. These are generally not a cause for concern and as the patient is feeling well they do not require any action. If they persist, then I would generally arrange an ambulatory monitor. Occasionally, where a fast heart rhythm is sustained, the rhythm may be atrial fibrillation (this occurs in around 1 in 30 patients), and if this is identified please get in touch with our team.

Before any procedures are carried out, always tell any medical or dental staff that you have had a hole in your heart closed. This is recommended by your Cardiologist. You should always have regular dental check-ups, i.e. every 6 months.

4. How to contact us

If you have any questions or concerns about your procedure after your discharge, please contact the structural team.

Telephone: 01865 221 490 or 01865 220 236

After 48 hours, please contact your GP for advice.

5. Further information

The booklet is designed to complement other publications available about heart disease and cardiac procedures. The British Heart Foundation produces a number of patient leaflets which can be ordered from them or downloaded from their website.

British Heart Foundation

14 Fitzhardinge Street
London W1H 6DH

Website: www.bhf.org.uk

John Radcliffe Hospital

Our hospital website has information on all our cardiac services.

Website: www.ouh.nhs.uk/hospitals/jr/

This booklet has been produced through the collaboration of doctors, nurses and patients. We welcome your feedback. If you have any comments about the content of this booklet please put them in writing to:

Practice Development Nurse Cardiac Medicine

Cardiac Angiography, Pacing and Day Care Unit
John Radcliffe Hospital, Oxford OX3 9DU

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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